

## Chili Lime Steak Fajitas

- 4 teaspoons olive oil
- 1/3 cup freshly squeezed lime juice
- 2 tablespoons fresh chopped cilantro
- 2 cloves garlic, crushed
- ¾ teaspoon red chili flakes (adjust to your preference of spice)
- ½ teaspoon ground Cumin
- 1 teaspoon Himalayan sea salt
- 1 pound (500 g) steak (rump, skirt or flank steak)

### **Fajitas:**

- 3 bell peppers Red, Yellow & Orange, deseeded and sliced
- 1 onion, sliced
- 1 avocado sliced
- Optional: Lettuce leaves for low carb wrap
- Extra cilantro leaves to garnish



1. Whisk marinade ingredients together to combine. Pour out half of the marinade into a shallow dish to marinate the steak for 30 minutes, if time allows. Alternatively, refrigerate for 2 hours or overnight. Remove from the refrigerator 30 minute prior to cooking. \*Refrigerate the reserved untouched marinade to use later\*

**FOR SKILLET:** Heat about one teaspoon of oil in a grill pan or cast-iron skillet over medium-high heat and grill steak on each side until desired doneness (about 4 minutes each side for medium-rare, depending on thickness). Set aside and allow to rest for 5 minutes.

**FOR GRILLING:** Heat barbecue (or grill) on high heat. Remove steak from the marinade. Grill for 5-7 minutes per side, or until desired doneness is reached. Transfer to a plate and allow to rest for 5-10 minutes.

**FOR VEGETABLES:** Wipe pan or grill plates over with paper towel; drizzle (or brush) with another teaspoon of oil and fry peppers (capsicums) and onion strips. Add half of the reserved marinade, salt and pepper; continue cooking until done.

**ASSEMBLE:** To serve steak, slice against the grain into thin strips. Pack into lettuce wraps or a bowl, extra cilantro leaves, sliced avocado (or your desired fillings), and drizzle over the remaining reserved untouched marinade.

Makes 4 servings.

Serving Size = 3 ounces of steak, 1 cup cooked vegetables, and 1/8 avocado  
Enjoy with 1 cup on plan fruit to complete the meal.

